



# Splash!

Volume 1, Issue 1

Spring/Summer 2011

## Fidalgo Pool & Fitness Center Festival – June 11, 2011

### *Fun, Food and Festivities*

Calling all Pledgers! Here is a great opportunity to volunteer to help raise money for our community pool. Our goal is to raise \$15,000 for a Precor Motion Trainer, a new sound system, and aquatic recreational equipment. Pledge packets can be picked up at the front desk or you can also download it by going to [www.fidalgopool.com](http://www.fidalgopool.com). Collect pledges from your friends, neighbors or family and turn in donations by June 11<sup>th</sup>. The pool will host a special “Pledge Pool Party” that day from 2-4pm. The best part? The donations are tax deductible. Friends of the Fidalgo Pool is a non-profit 501(c)3 organization.

June 11<sup>th</sup> will kick off a fun-filled day of activities, chili and hotdogs, and celebrating 35 years of our community pool. Come by to participate in the day’s activities: lap swim, swim clinics, Zumba, Yoga and family open swim. For more info, pick up a flyer at the pool.

**SEE YOU ALL THERE!**

## Spotlight on the Staff

### *Keeping Your Pool Safe*

Our dedicated and skilled Fidalgo Pool & Fitness Center Staff and the Anacortes High School Coaches responded quickly when a fellow employee and colleague had a seizure while teaching swimming lessons on February 8<sup>th</sup>. Their quick reactions prevented this employee from serious injury. Several staff people stabilized the patient while the Anacortes High School Coaches and Thunderbird Aquatic Club Coaches evacuated the young people from the pool, constructively kept them away from the action site, while maintaining calm. The front desk staff alerted EMT’s who were able to transport the patient to Island Hospital without delay.

We wish to recognize and thank the following people:

**Erika Miller, Adam Page, Michael Bamonte, Patty Wiley, Brenda Yelle, Carla Bigelow, Leslie Mix, Elizabeth Wiley, Scott Dickerson, Alison Blankenship, Tracy Jensen and Jason Hunter.** These dedicated and committed people keep our Fidalgo Pool & Fitness Center a safe place for our community and staff

**TAKE A BOW! YOU ARE AWESOME!**



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## Message from the Director,

### Marilyn Stadler

As many of you know, we experienced a major problem in our facility this past January. The building was cold, the showers were icy, and we could not maintain the pool temperature at the desired level. John Thomas, our Maintenance Manager, greeted us with bad news. Our current boiler system was not working, and our boiler maintenance company alerted us of a serious issue with the pressure vessel inside the unit.

I don't want to bore you with the gory details, but what basically happened was that some of the formed membrane tubes in the sealed pressure vessel began to leak. Industrial Boiler, Inc. was able to repair the problems temporarily, but reminded us that the boiler is 35 years old; reaching the end of its useful life and once these leaks start we can expect more problems in the future.

We were already in the planning stage to replace the boiler as one of our maintenance needs in the next levy, but this new message was loud and clear; we were taking a risk not replacing the pressure vessel or the entire unit as soon as possible. If we didn't tackle the system now, the boiler could malfunction permanently and we would either need to rent a unit until a replacement could be purchased or plan a prolonged closure of 6 – 12 weeks until we ordered an entire new unit or a pressure vessel and have it installed. We decided to move forward instead of wait. After careful consideration, the Commissioners decided that purchasing a single boiler ThermoSteam GXT system – was the most cost-effective and practical way to proceed.

So now you are wondering how is this project going to be funded when it was planned to be completed in 2013? First of all you, our voters, approved \$165,000 for the pool-refinishing project, including the tile lane line and target replacement to be completed this year. When the final bids for the work were received and reviewed, we were able to procure a reputable company to do the job at \$132,000. Thus we have \$33,000 to use toward a new boiler system. My next step included searching for grant monies from state, federal and private sources. Unfortunately, I found there are very limited

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## MANAGER'S CORNER

BY JUDY JENSEN

### SWIMMING CHANNEL TO SUCCESS!

#### Aquakids

Parents and children 3 and under enjoying the water together.

#### Water Wiggles

Calling all 3 year olds. This is a fun class specializing in water readiness and water safety.

#### Preschool Classes

These classes are for swimmers 6 and under. Water readiness, water safety, beginning swim skills, and learning to swim. Levels 1-4

#### Youth Classes

These classes are for swimmers 7 and over. Levels 1-6

#### Teens & Adults

Swim together. Join in our scheduled classes or take private lessons.

#### Tuesday Morning Stroke Class

This group meets once a month from 7:30-8:30am. Must be able to swim 100 yards freestyle to join. Continually working on all strokes, flip turns, & more.

#### Water Aerobics

We offer a full range of water exercise and water aerobics classes. Begin slowly and work up to really working out in the water. The benefits are many. Just to name a few: lowers blood pressure, increase cardio efficiency, increases range of motion, and keeps your everyday living skills moving more freely. Make new friends and join us!

Evening water aerobics is back!

Tuesdays & Thursdays

5:30-6:30pm

Deep Water Class (Must be comfortable in deep water. All wear aquajogger belts for more resistance.)

Instructor: Sue Gilbert

**Check out [fidalgopool.com](http://fidalgopool.com) for a full list of classes and schedule or call 360-293-0673 for further info.**

## Special Appreciation

*From the Staff & Friends of the Fidalgo Pool*

The Staff & Friends of Fidalgo Pool would like to thank the following organizations and people:

**Noon Kiwanis** – Donated our lobby tables, two American flags, and two outdoor mats.

**Anacortes Rotary** – Donated money towards the Fitness Center's Rowing Machine.

**Goddard Family** – Donated bench in Memory of Murray & Lynn Goddard (with plaque quote by Early Risers Water Aerobics Class).

**Iron Cupcake: Anacortes** – Monthly fundraiser held at Randy's Pier 61. April proceeds of \$125 benefited the Fidalgo Pool & Fitness Center.

## Important Dates



### Pool Closure

The pool will be closed from **July 22, 2011 at 1 pm** and re-open on **September 6, 2011 at 6:15 am**. HOWEVER THE FITNESS AREA WILL BE OPEN 8 am - 12 noon M-F and evening group classes will also still be available July 22 - August 12. We are also trying to arrange class space at the Senior Activity Center for Fitness Classes August 15 - September 2. We will post more details on the website and at front desk soon.

Why, you ask, are we doing it in the summer? When the contractors are available to do the job! They will completely resurface the bottom of the pool including new tile and new lane markings. As our 35 year old boiler cannot be repaired any longer, a new boiler for heating the water will be installed during this time, too.

### Doggie Swim Fundraiser

Before the pool is drained for the resurfacing project, we invite all the dogs out there for a special opportunity to swim in our pool! Co-sponsored by The American Red Cross and benefiting both the Fidalgo Pool and the local American Red Cross PET Project, please join us **July 22 from 1-3pm** for doggie fun in the pool. Donations of \$10 or more would be greatly appreciated!! Woof!

## Spicy Sweet Potato Fries

Trying to come up with healthy alternatives for some of the junk food we (and our families) love to eat can be a challenge. Here is a recipe sure to entice even some of the pickiest eaters out there.

### Ingredients

- 4 sweet potatoes, scrubbed
- Olive oil
- 2 tsp ground coriander
- 1 tsp ground fennel
- 1 tsp oregano
- 1 tsp cayenne pepper
- 2 tsp salt

### Method

Mix dry seasonings together and grind, if possible, to open up flavor. Slice sweet potatoes. Toss in a large bowl, with olive oil and seasoning, until well coated. Spread a single layer of potatoes on a baking sheet. Bake at 425-450 degrees for 30-40 minutes, turning every 10 minutes.

**Number of Servings: 4-6**

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***Lifeguards Wanted!! Become certified and join our staff. A great part-time job.***

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### ***Message from the Director (Continued from Page 2)***

opportunities for us, but our Friends of Fidalgo Pool and Fitness Center did submit a letter to one possible private source to see if we would qualify for \$38,000. Of course, there isn't any guarantee that the grant will be awarded, but we will know by the end of July.

While I continued grant searches, I checked with banks for a loan. I talked with three local banks about the project, and we were turned down by two banks. The third, The Bank of the Pacific, has stepped up to the plate.

All in all, the Commissioners, Managers and I are confident with the decisions made to keep the facility up and running for your wellness needs. The boiler unit is going to be replaced in August and we can move forward to repair the problems that we promised to you.

Just to let you know, we are beginning work on our levy needs for 2013 – 2015, and we will keep you informed as we proceed.

***Marilyn Stadler, Director***

## SHOUT-OUTS

### GRADUATING LIFEGUARD STAFF

A great thank you to a great group of people! We are a strong team. We are a quality team.

#### ADAM PAGE

Adam worked for us when he was in high school then returned to us again. He has been a strong lifeguard and swim instructor but now is leaving for the Navy Seals. Way to go, Adam!

#### RYAN THOMSON

Graduating from Anacortes High School, Ryan has been an entry level lifeguard for one year. Ryan will be attending college in the fall. Good luck in your future, Ryan!

#### BRENDEN YELLE

Brenden started as an entry level lifeguard and worked his way to Head Lifeguard. Brenden will be attending college in the fall at Washington State University. Good luck in your future, Brenden!

## Eight Immediate Stress Busters

by MedicineNet.com

Author: Melissa Conrad Stoppler, MD

Most of our lives are filled with family, work, and community obligations, and at some point we feel as though we are "running on empty." Here are eight immediate stress busters to help "fill up the tank!" So take a deep, relaxing breath and read on.

1. Watch for the next instance in which you find yourself becoming annoyed or angry at something trivial or unimportant. Then **practice letting go**, making a conscious choice not to become angry or upset. Do not allow yourself to waste thought and energy where it isn't deserved. Effective anger management is a tried-and-true stress reducer.
2. **Breathe slowly and deeply.** Before reacting to the next stressful occurrence, take three deep breaths and release them slowly. If you have a few minutes, try out a relaxation technique such as meditation or guided imagery.
3. Whenever you feel overwhelmed by stress, **practice speaking more slowly than usual.** You'll find that you think more clearly and react more reasonably to stressful situations. Stressed people tend to speak fast and breathlessly; by slowing down your speech you'll also appear less anxious and more in control of any situation.

### 5. **Jump-start an effective time management strategy.**

Choose one simple thing you have been putting off (e.g., returning a phone call, making a doctor's appointment), and do it immediately. Just taking care of one nagging responsibility can be energizing and can improve your attitude.

6. **Get outdoors for a brief break.** Our grandparents were right about the healing power of fresh air. Don't be deterred by foul weather or a full schedule. Even five minutes on a balcony or terrace can be rejuvenating.

7. **Drink plenty of water and eat small, nutritious snacks.** Hunger and dehydration, even before you're aware of them, can provoke aggressiveness and exacerbate feelings of anxiety and stress.

8. **Do a quick posture check.** Hold your head and shoulders upright and avoid stooping or slumping. Bad posture can lead to muscle tension, pain, and increased stress. If you're stuck at a desk most of the day, avoid repetitive strain injuries and sore muscles by making sure your workstation reflects good ergonomic design principles. There is information about ergonomics and healthy workstations to assure your station is more ergonomically safe.

9. **Plan something rewarding for the end of your stressful day,** even if only a relaxing bath or half an hour with a good book. Put aside work, housekeeping or family concerns for a brief period before bedtime and allow yourself to fully relax. Don't spend this time planning tomorrow's schedule or doing chores you didn't get around to during the day. Remember that you need time to recharge and energize yourself. You'll be much better prepared to face another stressful day.

## Penny Drive Fundraiser for New Pool Toys

*Support the Pool by Patronizing Local Businesses*

It's easy. Patronize the local businesses in town and when you finish paying, toss your change into a jug by the register. All proceeds will go towards a great new pool toy that will be unveiled at a later date. A great, big thank you to those businesses who have chosen to help put the "fun" in fundraiser! If you or anyone you know might be interested in hosting a collection bottle, please do not hesitate to call Donna at 360-293-2766. We are also looking for people to help sort - so give us a call!

“Those who think they have no time for bodily exercise will sooner or later have time for illness.” - Edward Stanley

## Easy Ways to Burn 100 Calories without Even Trying!

### 10 Minutes:

- Jog around the block
- Jump rope quickly
- Work out to a step aerobics video

### 15 Minutes:

- Climb up and down your stairs
- Play touch football with the family
- Swim laps
- Go roller skating
- Sled in the park with the kids
- Hit some tennis balls
- Hit some golf balls

### 20 Minutes:

- Shoot hoops with your kids
- Power walk
- Trim the shrubs
- Weed your garden

### 25 Minutes

- Bike leisurely around the neighborhood
- Vacuum the rugs
- Mop the bathroom floor
- Challenge a friend to a serious game of ping-pong
- Play ball with your dog
- Refinish a piece of furniture

### 30 Minutes:

- Throw a Frisbee around
- Lift light weights
- Dance to your favorite music
- Sweep the floor

### 40 Minutes:

- Wash, iron and fold clothes
- Window shop
- Cruise the aisles of the supermarket
- Wash the car

As you see, the list can go on and on. Think about your favorite activities and enjoy!!

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## Staying Healthy During the Summer

Staying healthy during the summer months requires more than just eating the right foods. Below is a partial list of things to do that will help you stay cool and healthy during the hot summer months.

1. **Drink plenty of water.**
  2. **If you have asthma or other respiratory problems, keep a careful watch on the daily air quality reports. Also, don't forget to take your inhaler or other medication with you when you go out.**
  3. **Take a rest or nap. Don't push yourself beyond your physical limits.**
  4. **Wear sunscreen.**
  5. **Stay cool. Wear light, loose-fitting clothing to help you stay cooler.**
  6. **Wear sunglasses. Protect your eyes from the sun's UV rays.**
  7. **Maintain your energy level by limiting your intake of fat and sugar; focus on carbohydrates and fruit and vegetables.**
  8. **Know your body. If you are feeling ill, see a doctor. An average of 400 people die in the United States due to extreme heat every year.**
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## Letter from Donna Halverson, Chairman Friends of the Fidalgo Pool & Fitness

Wow!!! The Friends of Fidalgo Pool and Fitness Center's first newsletter. It looks great! I want to thank Vicki Clement, Christina Olson, Joan Olson, and Darci Shields for all their hard work on "Splash!". It's always been a hope of mine to have a Newsletter for the pool.

The Friends are getting ready for our 4th Annual Pool Festival, June 11, which is our main fundraiser of the year. Additionally our Penny Drive is in full swing.

The Friends, along with grants and personal donations, have recently purchased new steps and handrail for the pool, bench by the flagpole, lobby tables, and a new Concept 2 rowing machine.

Last October, we celebrated the Pool's 35th Birthday. We had a well-attended Open House including special guests, a great pool history presentation with pictures, and a Free Open Swim. Of course, we also had delicious cake, coffee and punch.

If you would like to be part of a group, who wants to help support Fidalgo Pool & Fitness Center, we would love you to attend our monthly meetings, usually the second Tuesday of the month at 6:30 pm at the pool. A meeting schedule is posted on the Friend's Bulletin Board, in the lobby, or pick-up a meeting bookmark at the front desk.

Sincerely,  
Donna Halverson, Chairman - Friends of Fidalgo Pool & Fitness Center

### Splash! Newsletter Committee

Thank you for reading our newsletter! If you have any suggestions, ideas or tips for the next newsletter, please feel free to email them to [christinaolson@comcast.net](mailto:christinaolson@comcast.net).

Thank you!

Vicki Clement  
Christina Olson  
Joan Olson  
Darci Shields

### Commissioner's Corner

The Commissioners meet the first Thursday of every month at 6:30pm in the pool's meeting room. The community is welcome to join in any of these meetings. If you would like to contact them, please email [mstadler@fidalgopool.com](mailto:mstadler@fidalgopool.com).

Heather Burke  
Kim Jenssen  
Pamela Lambeth  
Andrew Olson  
Bill Turner